

The Deal Centre, Deal & The Marigold Centre, Folkestone

Visit our website at ageuk.org.uk/southkentcoast
Please make cheques payable to Age UK South Kent Coast

	Main Meal	Dessert
Mon 17.11.25	Roast beef	Mandarin cheesecake
Tue 18.11.25	Chicken chasseur	Pineapple sponge with custard
Wed 19.11.25	Cottage pie	Orange sponge with custard
Thurs 20.11.25	Beef bourguignon	Plum crumble with custard
Fri 21.11.25	Battered fish <u>Or</u> Beef salad	Banoffee pie
Sat 22.11.25	Chicken salad (Delivered on Fri 21.11)	Danish pastry

All food is prepared in kitchens where nuts, gluten and other allergens could be present. Our menu descriptions cannot include all ingredients; if you have a food allergy, please let us know before ordering. Full allergen information is available. Dishes with chicken or fish may contain bones.

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Please delete all meals you do not wish to receive and return your order to the driver or phone 01303 279621.

Name----- 17.11.25

Please return this half to the centre by Tues 11 Nov

Day	Lunch	Requests
Mon 17.11.25	Roast beef	
Tue 18.11.25	Chicken chasseur	
Wed 19.11.25	Cottage pie	
Thurs 20.11.25	Beef bourguignon	
Fri 21.11.25	Battered fish <u>Or</u> Beef salad	
Sat 22.11.25	Chicken salad (Delivered on Fri 21.11)	

A sandwich menu is available on request. Only £1.50 when you order a lunch!

Chairman: Mr B Flavell Treasurer: Mr I Ward Chief Officer: Mrs D Barry
Head Office: The Deal Centre, 3 Park Street, Deal, Kent, CT14 6AG. Telephone 01304 372608
The Marigold Centre, 65 Shaftsbury Avenue, Folkestone, Kent, CT19 6NS. Telephone 01303 279031
We are a Charitable Incorporated Organisation. Registered Charity No. 1187363

